2026-27

Georgia High School Association



Gymnastics Coaches Guide

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Updated: 10/19/2026

CALENDAR AND IMPORTANT DATES:

Gymnastics | GHSA.net: GHSA Gymnastics Page

First date to sanction an event	Oct. 1
GHSA request for coaches' information due	Nov. 1
https://forms.gle/xvmx9ZY44ZWXsimN7	
First day of practice	Jan. 25
Online Rules Clinic	Jan. 19 – Feb. 9
GHSA On-Line Rules Clinic Schedule for 2026-2027	
Deadline to submit sanctioned event forms	Jan. 19
Now online: https://app.ghsa.net/	
Date for first contest	Feb. 6
Team Entry/rosters form for State Meet Due*	March 15
Last day for competition	April 13
Final Rankings posted	April 15
State Meet at Buford Arena	April 21 - 23

*Coaches must submit rosters online on the GHSA MIS site by **March 15.**

The roster will include eight (8) gymnasts plus two (2) alternates. Changes after this date can be sent to the GHSA office for approval. No changes will be made the week of the Preliminary Meet. Schools that do not meet the entry form deadline will not be able to enter the Preliminary Meet.

GHSA Gymnastics Constitution and By-Laws 2026-2027

(last updated 9/01/26)

GENERAL INFORMATION:

A. Girls gymnastics is a state championship event open to schools in all classifications. There will be two championship divisions: A-4A and 5A-6A.

   1. Competition in all meets will be held in the following events:
      a. Balance Beam
      b. Uneven Parallel Bars
      c. Vault
      d. Floor Exercise
      e. All-Around (competition in preceding four events)
   2. The order of competition will be determined by block style.
   3. Open scoring will be used. (Note: the Capital Cup warm-up format is allowed, but schools will be expected to pay an extra $10.00 per judge if using this format.)
   4. Beginning and ending dates for practice and competition can be found at the front of this publication.

B. The GHSA gymnastics meets will be played according to the rules published by the National Federation of State High School Associations with such GHSA modifications as may be found in this section.

C. Each school desiring to participate in gymnastics must file its intent by March 1 of the preceding year by filing the form found on the GHSA web site.

D. The number of regular-season gymnastics meets allowed is 10, including any invitational tournaments.
   1. The state elimination series does not count in these meets.
   2. An invitational tournament is defined as a competition involving more than three teams.
   3. All invitational tournaments must be approved by the GHSA Executive Director.
   4. Only two meets per week may be scheduled.
   5. All teams and gymnasts (except when prevented by injury) must participate in a minimum of three (3) GHSA sanctioned varsity meets during the regular season to be eligible to participate in the state Preliminary Meet. If an injury occurs, a doctor's statement with the date and type of injury and the release date to participate must be presented prior to the Preliminary Meet. Scan and email the doctor's statement to the penny@ghsa.net.
   6. Schools may organize and conduct invitational tournaments to assist in meeting the three (3) meet requirement.
      a. These tournaments may be held outside the school, but must be run by school personnel and must be sanctioned by the GHSA. (Note: schools hosting a meet are responsible for paying the judges.)
      b. Scores should be submitted to Penny Mitchell by the tournament director as soon as possible to determine rankings to be posted on the GHSA web site.

E. There will be no interscholastic practice and/or scrimmages.

F. No exhibitions are permitted during seasonal or invitational meets.

G. In accordance with NFHS rules, the GHSA limits the number of participants a school may enter in a meet as follows:
   1. For regular season meets, the limit is five (5) participants per event.

2. For invitational meets during the regular season, the limit is four (4) participants per event, unless approved by the tournament director.
3. For post-season meets, the limit is four (4) participants per event (including the All-Around competition).

H. All gymnastics coaches are required to complete an online GHSA rules clinic as specified in the GHSA By-Laws.

I. Tiebreaker Procedure when using three (3) or more judges.
1. Gymnast's scores are determined by dropping the high and low scores and averaging the two middle scores when 4 judges are used. When 2 or 3 judges are used, all scores will be averaged. All scores shall fall within the range determined by the Chief Judge's score.
2. In the event of a tie, an average of all three (3) or four (4) judges' scores will be used.
3. If a tie still remains, the score of the Chief Judge will be used.
4. If, after the above steps, a tie still remains, the tie stands.

The "Dr. Lucia B. Norwood GHSA State Championship" Finals will be held on April 21-23, 2027 at Buford High School. The GHSA Coordinator is Penny Pitts Mitchell in the GHSA office (email: penny@ghsa.net)

A. In the State Meets, expenses are paid from the gross gate receipts, including the cost of officials, and the balance is sent to the GHSA Office.
B. In the State Meets, a maximum of 10 athletes and two coaches will be given free admission.

INDIVIDUAL CHAMPIONSHIP
Wednesday, April 21, 2027

A. The Individual Championship for each division will be held on Wednesday evening.
B. The only gymnasts who qualify as individuals will compete in this portion of the championship.
C. The top 16 ranked individuals in each event will qualify for this portion of the championship: Vault, Bars, Beam, Floor and All- Around
D. Individuals will be ranked using the average of the individuals top three (3) scores throughout the season on each event. This process is the same method presently used for team rankings.

STATE MEET

Thursday, April 22, 2027

A. The A-5A Team Championship will be held Thursday evening.
B. The top eight ranked teams will compete.
C. There will be no preliminary competition.

Friday, April 23, 2027

A. The 6A-7A Team Championship will be held Friday evening.
B. The top eight ranked teams will compete.
C. There will be no preliminary competition.

COACHING RESPONSIBILITIES

It is the responsibility of all gymnastics coaches to review all sections of the GHSA Constitution and By-laws. These sections cover information on guidelines for coaching, practices, eligibility, submitting rosters, attending rules clinics, scheduling, etc.

The information is this Guide does not intend to take the place of the information in the GHSA Constitution and By-laws or the NFHS Gymnastics Rules Book.

Each year, the GHSA sends a Google form to all schools listed as having a gymnastics team**.** The purpose of this form is to create a list of Schools, Coaches, and Contact information for the GHSA office. GHSA Schools must complete this form if they plan to have a team!

Please complete and submit the following form by Nov. 1:

https://forms.gle/xvmx9ZY44ZWXsimN7

In addition, please submit your information to the new Coaches Website. The purpose of GHSGCA Website is to connect High School Gymnastics coaches across the state of Georgia for planning, scheduling, and communication.

https://www.georgiagym.org/

GHSA Rules Clinic:

All gymnastics coaches are required to complete an online GHSA rules clinic as specified in the GHSA By-Laws. **The following link is open Jan. 19 – Feb. 9:**

GHSA On-Line Rules Clinic Schedule for 2026-2027

Competition and Meet Responsibilities:

- For competition, coaches must prepare an event scoresheet for each competitor for each event and turn these forms into the scorer's table **before warm-ups begin**. One scoresheet is needed for each judge; therefore, if there are two judges per event, two event scoresheets are required. Light colored event scoresheets vs. neon or dark colors are preferred because it is more difficult to read pencil marks on dark colors. If possible, consider using the following colors: Bars- blue, Vault- green, Beam-pink, Floor-yellow.

  - Use the school's full name on all communication, instead of E, W, S, N, or Central, etc.

  - Use the gymnast's first and last name on all communication including meet entry forms and event scoresheets.

  - Indicate V or JV on meet entry forms and event scoresheets. Gymnasts may compete on either V, if eligible, or JV in the meet; however, they may NOT compete on V or JV on different events at the same meet.

- The scoresheets may be found here (We use GHSA scoresheets): https://www.ghsa.net/gymnastics

* All Schools and individuals must compete in three meets to be eligible for State Competition.

DIRECTIONS FOR HOSTING MEETS

Schools/Coaches wanting to host meets must complete several steps:

- Beginning Oct. 1, complete the GHSGGJA Request for Judges Form to schedule meets and request judges. (Access given to GHSGGJA).

  https://tinyurl.com/Gymnastics27

  The Google form will request information to include: a) meet date and day, b) meet start time, c) meet location (name, address, city), d) meet level (Varsity, JV, and/or Middle School), e) the maximum number of teams the site can host, f) format (traditional or capital cup), g) meet director's information, h) billing information and contract.

- After filling out the GHSGGJA Request for Judges Form, the GHSGGJA Booking Agent will approve meets, based on the master schedule and judges' availability, in the order they are submitted and will relay this information to the host school/coach.

- After approval from the GHSGGJA Booking Agent, the host school/coach will complete and submit the Sanction of Event application AND contract for EACH meet:

  1 - Log onto the GHSA MIS, click on Sanctioned Event Application.

- After approval from the GHSGGJA Booking Agent, the host school/coach will complete and submit the Sanction of Event application AND contract for EACH meet:

  - See Sanctioned Event Application – Users Guide located on GHSA MIS for details.
  - Complete and submit the form.
  - The principal must sign the application.

  2 - Once the sanctioned event application is completed, the Meet Director/Host must complete the Gymnastics Contract. This is completed in conjunction with the Sanctioned Event Application.

  - Log onto the GHSA MIS, click on Scheduling.
  - Click on Contest Contracts.
  - Click Gymnastics Contracts.
  - Click the Add Contract button
  - Complete and submit the contract.
  - Your application for Sanctioned Events must be approved PRIOR to the contract approval.

Additional information for Host School/Coach and Entry fees: When calculating entry fees, please review the following to ensure all meet expenses are covered.

1- Judges' fees; 2 – Travel fees; 3 – Facility rental fees, insurance, hospitality, meet management fees (athletic trainer, meet workers, custodian fees, etc.; 4 – Meet Format

GHSGGJA invoices:

GHSGGJA will send invoices to Host School/Coach by email immediately after each meet. Failure to pay the invoice within 14 days will result in a 10% penalty being added to the invoice for each month it is late. Invoices not paid on time are also subject to a fine being imposed by GHSA.

TEAM SIGN-UP PROCEDURE

GHSA website list of meets:

After approval from GHSGGJA and GHSA, the meet will be posted on the GHSA website where coaches can see all available meets for the season. Detailed information for each meet will be listed there along with meet entry fee information. Coaches wanting to enter meets, should reach out directly by email or text the Host School/Coach for approval and to receive information from the host school to register for entry into the meet.

This can be found by going to the GHSA website, Resources, For Schools, Sanctioned Events. Click on "View" for details and contact information:

https://www.ghsa.net/sanction-view?find_season=2026-2027

GHSA contracts and Meet Entry Fees:

After approval and registering for the meet with the Host School/Coach, coaches must complete and submit GHSA contract form.

Summary:

- **Look at the list of meets on the GHSA website.**
- **Choose the meets that will work for you.**
- **Contact the host to see if there is availability.**
- **If so, he/she will send you information on how to enter your team.**
- **After receiving confirmation that you can attend the meet, go to the GHSA website to complete a contract.**
- **Completed Contracts and Checks must be mailed to the Host School/Meet Director to secure a spot in each meet.**

HOSTING MEETS AND MEET MANAGEMENT

Meet Directors should email the following information to visiting teams two plus weeks in advance:

- Directions to gym and parking information
- Meet Format (Traditional/Modified Capital Cup)
- Number of entries permitted per event (4 or 5)
- Number of events run at a time (2 or 4)
- Number of scoresheets needed per event (1 or 2)
- Floor Music Format (Digital file, downloaded to your device and not stored in the cloud, types of cords provided such as an Aux cord, phone adapters, etc.)
- Schedule (Time gym will open, General stretch, Coaches meeting time, Warm-up, and Competition Schedule)
- Medical Staff information and supplies provided (ex: tape)
- Equipment and Matting information
- Hospitality
- Spectator Admission fees, etc.

Event Scoresheets:

- Coaches are responsible for bringing Event Scoresheets for each team member and submitting them BEFORE warm-ups.
- Light colored event scoresheets vs. neon or dark colors are preferred because it is more difficult to read pencil marks on dark colors. If you choose to use color and want to coordinate with other schools, consider using the following colors: Bars- blue, Vault-green, Beam-pink, Floor-yellow. However, this is NOT a requirement.

Warm-ups:

- **Varsity-** Warm-up time will include 2 minutes per gymnast on vault, beam and floor. **Bar warm-up time is 2.5 minutes per gymnast; bar change is included and will begin once the bar is initially set.**
- **JV** - Warm-up time will include 1 1/2 minutes per gymnast on vault, beam and floor. **Bar warm-up time is 2 minutes per gymnast; bar change is included and will begin once the bar is initially set.**

Jewelry:

- Gymnasts **may wear stud earrings not to exceed one per ear.** No other type of earring or other jewelry will be allowed, including permanent jewelry. No hoops, bracelets, ankles, rings, etc. Per GHSA, refusal to remove jewelry will disqualify a gymnast from competing.

Additional Suggestions and links:

- Meet Directors should consider providing a Hospitality Room for Coaches.
- Host gyms should plan on a Coaches meeting to go over details and schedule once the gym opens and gymnasts are warming up. This time allows for the host to highlight how the

schedule will run (continuous or not), what to do with score sheets, where teams should be during the bye (if there is one), and for attendees to ask questions.

- It's useful to provide an introduction/welcome to teams and spectators as well as a concluding message after competition.
- Judges Inquiry Sheet: Provide printed copies of the Inquiry Sheet (Copies: GHSA/Gymnastics Section).
- Please click here for a Sample Meet Information Document: https://docs.google.com/document/d/1rWoPS3bTPDkyWPg9rCwg1UTZyxQbydbhMGVSl2xokqg/edit?tab=t.0
- Please click here for a Sample Coaches Meeting Document: https://docs.google.com/document/d/16K0919pXnHgd30r5jkdqkc1Df-io2RXIaTj0M3vAwIQ/edit?tab=t.0

End of meet:

- At the conclusion of the meet, meet directors must print a copy of the results (Varsity only) for the judges to verify scores. Additionally, teams are given the individual event scoresheets and a copy of the results AFTER all scores have been verified by the judges.
- The host school will send a copy of the meet results with judges' signatures to GHSA within 24 hours of the completion of the meet. Scores should be emailed to Penny@ghsa.net by the meet director as soon as possible to determine rankings to be posted on the GHSA web site. Do not fax.
- Teams and Individuals will be ranked after competing in 3 meets.
- The site will be updated weekly with team scores on the website. www.ghsa.net/gymnastics
- Additional Meet Management guidelines can be found on page 43 of the NFHS Judges Manual: Gymnastics-Girls

STATE MEET INFORMATION

The Individual State Meet will be held on Wednesday, April 21. The A-5A State Meet will be held on Thursday, April 21, and the 6A-7A State Meet will be held on Friday, April 22, 2026 at the Buford Arena in the evening.

All qualifying teams will agree to pay an entry fee of $180 for the Team State Championship Meet and $50 per individual for the Individual State Championship Meet. Make checks payable to Buford City Schools.

OFFICIALS, NFHS RULES AND RESOURCES

Refer to the NFHS website Gymnastics section for updates on Rule Changes and Resources. Click here: NFHS Gymnastics

This section also includes information on the following:

Cue Sheets, Element Clarifications, Judges Manual, Meet Referee Deduction Sheet, Score Inquiry Form, Dance Passage Leap Chart, Points of Emphasis, Rules Interpretations, and Uniform Rules.

CONTACT INFORMATION

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